



FARM to Early Care and Education

Boulder County Public Health

December 2023



Winter Squash and Broccoli

Winter squash and broccoli are December's Harvests of the Month! Do you know the difference between winter squash (e.g., pumpkin, acorn squash,

delicata, etc.) and summer squash (e.g., zucchini, yellow squash, patty pan, etc.)? Winter squash is left to fully mature on the vine, which allows for the development of seeds and a hard skin. Summer squash is eaten before it reaches maturity. Instead of reaching for a banana and orange for breakfast, try some broccoli instead – an excellent source of vitamin C and potassium! Substitute broccoli for spinach in your omelet, egg scramble, or frittata. Grate it like you would zucchini, and add it to your muffin mix or pancake batter. Sauté it with some garlic and olive oil and put it on toast. And use it instead of (or in addition to) kale in your green smoothie!



Egg and Broccoli Scramble

Looking to add more veggies to your kids' breakfasts? Broccoli and parmesan cheese shine in this easy scramble.

Makes: About 6, 1/3 cup servings

Ingredients

- 1 ¾ cups (5 oz) broccoli (fresh or frozen)
- 1 Tablespoon water
- ½ teaspoon garlic powder
- 1/8 teaspoon table salt
- 6 large eggs
- 1 Tablespoon parmesan cheese, grated
- 1 Tablespoon vegetable oil

Directions

1. In a medium bowl, whisk eggs, water, garlic powder, salt, and parmesan cheese.
2. Heat to medium-high heat and add oil to pan.
3. Sauté broccoli for 3-5 minutes or until broccoli begins to turn brown on the tips of the crowns. (If using frozen broccoli, this might take a few more minutes.)
4. Add egg mixture and stir constantly for three to five minutes. Enjoy!

Source: [Child Nutrition Recipe Box](#)



Free Trainings, Classes, and Field Trips

Classes and Field Trips for Children

Growing Gardens' Nutrition Education Lessons – New Winter Offerings! See attached flyer for more info. Email rachel@growinggardens.org to register.

Cooking with Kids

CSU Extension Community Health Specialist, Emma Dhimitri, will prepare and conduct a hands-on food preparation activity with your kids featuring some of the locally-grown fruits and veggies you've seen in this year's produce bags. Kids will have the chance to taste, play with, explore and cook with new foods! Please email Heather Hauswirth (hhauswirth@bouldercounty.gov) to schedule your class! Limited space available.

PARENTSCORNER

Bike Giveaway for Kids!

Community Cycles is holding their 17th annual Kids Holiday Bike Giveaway on Saturday December 9th and Saturday December 16th. Sign up [here](#) for a free kid's bike.



Eco-Cycle's 2023 Zero Waste Holiday Guide

Americans generate 23% more waste in December than other months of the year. Want to celebrate the holidays more sustainably? Check out [Eco-Cycle's Zero Waste Holiday Guide](#), with new tips to help you find sustainable alternatives to traditional gift wrapping paper, reduce food waste, host Zero Waste gatherings, and more!

